

Notes From The Heart



Volume 20, Issue 1

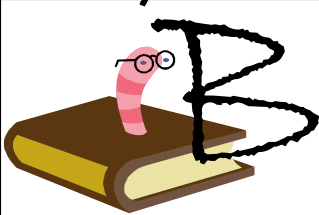
January 1-15, 2010

Happy Anniversary Good Samaritan Hospital Employees

- | | |
|-----------------------------------|---------------------------------|
| 1/2 Joel Engeland (9 years) | 1/7 Savannah Trotter (2 year) |
| 1/2 Nancy Silliman (25 years) | 1/12 Kari St. Michel (23 years) |
| 1/2 Laneta Pieterick (4 years) | 1/12 Sharon Thingvold (6 years) |
| 1/3 Kathryn Volk (4 years) | 1/12 Jared Peterson (1 year) |
| 1/4 Ruth Stanley (16 years) | 1/14 Cindy Engeland (8 years) |
| 1/4 Marla Hoffart (28 years) | 1/15 Sue Hamilton (19 years) |
| 1/7 Rosemary Pfau (19 years) | 1/15 Kay Hovland (46 years) |
| 1/7 Jennifer H Brossart (8 years) | 1/15 Judy Jaeger (13 years) |

The Activity Dept. is having their January Rummage sale on January 11th from 9:00—till everything is gone☺
Anyone that would like to donate items, please bring them to the 2A activity room.
Thanks, Joyce

This is an accumulation of years worked at GSHA, not hours worked.



Books are Fun Fundraiser

January 7 7:30 am—6:00 pm

Stop by and buy Books, Cards, Calendars, CD's & more
Something for everyone. Titles for all ages & interests.

Proceeds to go the purchase of a new ice machine

**Free Blood
Pressure Checks**
Leevers Super Valu

3rd Tuesday of each month
2:00-4:00 pm
by
Golden Heart Services

Wellness Center

- January 6 & 13 - 5:00 to 5:45 pm
 - Stability Ball Class
- January 20 & 27 - 4:30 to 5:15 pm
 - Yoga

COUPON

Stop by the Wellness Center and
sign up to win
a free month
to the Wellness Center

2 Week CNA classes offered on-site every month. Schedule for the first Wednesday after Traditions.

Looking for extra hours???
Contact Human Resources for more information.



What nationality is Santa Claus?

North Polish



Employee Help Fund

Update for 2009: We paid out \$2625.00 in help funds during 2009. If you have a need for assistance contact a member of the committee.

Committee Members:

- Melinda Voeller, S.S.
- Linda Wurgler, HIS
- Karen Schneider, Pharmacy

Yes, we do have them!! Seasonal flu vaccine and/or H1N1 vaccine is available for GSHA employees. Contact Mary Haugen. #2143



New Year...New Challenge

Health Smart

MEN & WOMEN WANTED

This is a Team Challenge, so get your friends to join you or we'll assign you to a team.

12 WEEK PROGRAM INCLUDES

Initial Screening: blood pressure, cholesterol, blood sugar level, body mass index, hip & waist circumference, body fat, aerobic capacity, strength, endurance, flexibility assessment, nutritional instruction

Supervised Exercise Sessions 3 times a week - Final Screening

NEW Workout Session Times
8am • 9am
Noon • 5pm

Pre-Registration is required - on first-come basis
REGISTER BY MONDAY, JAN. 11
Call 776-5261 ext. 2209

HEART OF AMERICA
MEDICAL CENTER
800 South Main Ave., Rugby, ND 58368
(701) 776-5261

Supervisor
Coza
Wellness Center

Session to begin Jan. 12
6:30 PM
Outpatient Wellness Center

Thinking of "End of Year" giving. Consider the GSHS Foundation which helps strengthen the financial future of your Medical Center.

If you would like to add anything to the monthly newsletter call Ext. 2218

